

# Name of Program

Template created by: *Your name and location here*

## You will need:

- *List essential supplies here – include amount & cost if possible*

## You can add:

- *List optional supplies here*

## Program instructions:

- *Detailed instructions for the program, including setup and alternate activities*

## Display ideas:

- *Specific titles or types of display material*

## Extras:

- Please add any additional instructions/templates to this document OR upload clearly labeled PDFs

## Social and Emotional Learning Core Competencies:

- *Competency:* description

## Developmental Assets:

- *Asset Type - Asset:* Description

# Bowling

Template created by: *Brin Bugo, Forest Lawn*

## You will need:

- *10 recycled plastic bottles (ideally all the same type)*
- *Water*
- *A ball if you have access to one or you can make one out of tape (a tape ball may also offer an extra challenge)*
- *Masking Tape*

## You can add:

- *Small prizes for winners (ex: candy or Library swag)*

## Program instructions:

- *Add a small amount of water to each bottle (more water = more challenging).*
- *Set up the pins in a triangle formation.*
- *Use masking tape to mark a line that players cannot cross when releasing the ball.*
- *Use the following scoring guide to score each player (or have a volunteer keep score) and mark it on the attached score sheet.*
  - *Each pin is worth 1 point*
  - *Strikes are worth 15 points*
  - *Spares are worth 12 points*
- *Each player gets 2 tries each turn.*
- *The player with the highest score at the end wins the game.*

## Display ideas:

- *Game or sports books*

## Social and Emotional Learning Core Competencies:

- *Social Awareness:* Competitive and co-operative games help youth learn social norms.
- *Relationship Skills:* Competitive and co-operative games help youth learn communication skills, conflict resolution skills, and cooperation.
- *Responsible Decision Making:* Competitive and co-operative games help youth learn that each action has consequences.

## Developmental Assets:

- *Social Competencies – Peaceful Conflict Resolution:* Competitive and co-operative games help youth learn how to resolve conflict non-violently.
- *Social Competencies – Interpersonal Competence:* Competitive and co-operative games help youth gain relationship skills.
- *Positive Values – Responsibility:* Competitive and co-operative games help youth learn to be accountable for their actions.

# Origami

Template created by: *Brin Bugo, Forest Lawn*

## You will need:

- *Origami Paper (around \$15-\$25 for 500 sheets)*
- *Scissors*
- *Origami books or printed instructions*

## You can add:

- *Glue/Tape*
- *Markers*

## Program instructions:

- *Can be self-directed or directed.*
- *Lay out supplies and instructions.*

## Display ideas:

- *Papercraft books including origami and other paper folding*

## Extras:

Instructions for origami crane and tulip with stem attached.

## Social and Emotional Learning Core Competencies:

- *Self-Awareness:* By engaging in creative activities, youth are learning about their own abilities and gaining confidence.
- *Self-Management:* Creative activities can help lower stress and help youth stay motivated to finish what they have started.

## Developmental Assets:

- *Empowerment – Community Values Youth:* If you give youth the opportunity to display their work in the Library, you are showing that the Library values their contributions.
- *Constructive Use of Time – Creative Activities:* Creative activities give youth increased confidence and allow them to explore new interests.

# Strength Stones

Template created by: *Brin Bugo, Forest Lawn*

## You will need:

- *River rocks (\$6 at Walmart for 2 kg or you can collect your own)*
- *Sharpies in various colours*

## You can add:

- *Jewels or other decals*
- *Mod Podge as a sealant (about \$5 for a 4-ounce bottle)*

## Program instructions:

- *Place the supplies on the table and have each teen pick out a rock that appeals to them.*
- *Have the teens pick a word that will give them strength or boost their confidence.*
- *If they are having a hard time picking a word, there is a list of suggestions attached.*
- *Have the teens write the word on their stone and decorate the stone however they wish.*
- *Encourage the teens to carry the stone in their pocket to help them through difficult moments.*

## Display ideas:

- *Books on resiliency or self-help.*

## Social and Emotional Learning Core Competencies:

- *Self-Awareness:* This activity requires youth to reflect on their strengths, weaknesses, and emotions.
- *Self-Management:* This activity gives youth a tool to use when they are having a hard time.

## Developmental Assets:

- *Social Competencies – Resistance Skills:* When youth are able to manage stress in healthy ways, they are better able to resist negative influences.

## Extras:

### Word Suggestions:

Strength	Gratitude	Remember	Understanding
Hope	Warrior	Happiness	Smile
Love	Power	Healing	Victorious
Courage	Beauty	Health	Champion
Wisdom	Peace	Bravery	
Positivity	Passion	Comfort	

# I Spy Bottle (Self Directed)

Template created by: *Brin Bugo, Central Service Delivery*

Idea from Teen Services Underground (<http://www.teenservicesunderground.com/cheap-and-easy-summer-programming-self-directed-style/>)

## You will need:

- *Large clear plastic bottle with a cap*
- *Enough rice to fill the bottle*
- *Various small items (coins, small toys, beads, stationary, trinkets, etc.)*
- *Label (template attached)*
- *Glue*
- *Tape*
- *Funnel*

## You can add:

- *Multiple smaller bottles*

## Program instructions:

- *Fill the bottle with alternating layers of rice and small items.*
- *Make sure you write down every item you put in the bottle.*
- *Make sure you leave some room at the top of the bottle so that the contents can circulate easily.*
- *Type the list of items into the template, print it, and attach it to the bottle.*
- *Glue the inside of the lid and the top of the bottle to seal it.*
- *Place the bottle in your teen area with a display of search and find books.*

## Display ideas:

- *Search and find books like I Spy or Where's Waldo*

## Social and Emotional Learning Core Competencies:

- *Self-Management:* This activity helps teens learn healthy ways to manage stress.

## Developmental Assets:

- *Social Competencies – Resistance Skills:* When youth are able to manage stress in healthy ways, they are better able to resist negative influences.

## I SPY...

One	Eleven	Twenty-One
Two	Twelve	Twenty-Two
Three	Thirteen	Twenty-Three
Four	Fourteen	Twenty-Four
Five	Fifteen	Twenty-Five
Six	Sixteen	Twenty-Six
Seven	Seventeen	Twenty-Seven
Eight	Eighteen	Twenty-Eight
Nine	Nineteen	Twenty-Nine
Ten	Twenty	Thirty